



SPOT the SIGNS of STROKE

If there were trouble ahead,
you'd heed the warnings.

So never ignore the warning
signs of a stroke.

Minutes Matter . . .

The sooner you receive
treatment the better your
chances are for recovery.
Don't delay.

If you see someone who
is experiencing:

Numbness or weakness
of the face, arm or leg,
especially on one side
Difficulty speaking,
understanding speech, confusion
Trouble seeing in one or
both eyes
Dizziness, loss of balance
or coordination
Severe headache

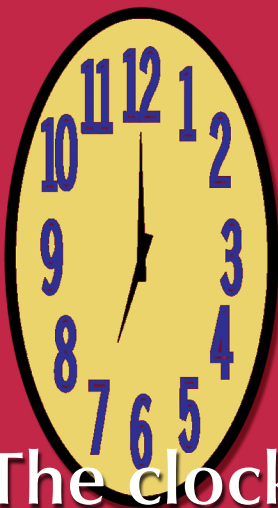
CALL: 9-1-1



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U



The clock is ticking

Minutes Matter . . .

The sooner you receive treatment the better your chances are for recovery. Don't delay.

Know the signs of a heart attack:

- Discomfort or pain in the center of the chest
- Discomfort in other parts of the body including the arms, back, neck, jaw or stomach
- Shortness of breath
- Breaking out in a cold sweat, feeling nauseated or lightheaded

Call 9-1-1 immediately if you think you might be having a heart attack.